Female Formula

An effective, well-rounded tonic for women, built around six herbs that work together to support hormone balance, ease the ups and downs of the menstrual cycle, and support the body through every stage from the reproductive years into menopause. It's one of the formulas members reach for most consistently, and one I keep on hand and use myself.

This Herbal Combination



Chaste Tree Berry — Helps regulate irregular periods — tending to shorten a long cycle and lengthen a short one — and is traditionally used for other cycle-linked symptoms such as migraine and acne. It can also support fertility in cases connected to low progesterone.



Wild Yam Root — A traditional antispasmodic, easing menstrual cramps by relaxing muscle tension and soothing the nerves. It has a long history of supporting women's reproductive health through both PMS and menopause.



Dong Quai Root — One of the most valued herbs in women's traditional herbalism, long used for menopause symptoms, cramps, low energy, and low sexual desire — sometimes called the "ultimate herb" for women.



Damiana Leaf — A traditional vitality tonic well known in southwestern herbal traditions. It supports circulation and energy levels, and traditionally increases libido.



Licorice Root — Genuinely one of the best traditional foods for the adrenal glands, helping the body handle stress while easing nervousness and irritability that can come with adrenal overwork.



Hops Flowers — Carries tonic, nervine, and mildly sedative properties that help calm the nerves and support restful sleep, while its bitter compounds support appetite and digestion.

How It Works

This blend provides the herbal building blocks the body uses to create and balance its own hormones, while calming the nervous system along the way. It supports better communication between the brain's endocrine centers and the ovaries, helping a woman move through puberty, the cycling years, menopause, and beyond with more ease.

Over the years, I've seen many women use this formula to gradually transition off synthetic hormones. That weaning-off process is best done gradually, over a period of 30 to 60 days.

The Traditional Recipe

This blend combines Chaste Tree Berry, Wild Yam Root, Dong Quai Root, Damiana Leaf, Licorice Root, and Hops Flowers.

Suggested Use

The daily dose is the same every day, regardless of age, weight, or situation: 1 1/2 teaspoons. This can be taken all at once in the morning. If hot flashes or night sweats are part of the picture, split the dose instead and time it around those hours — an hour or two ahead of when hot flashes tend to strike, or the larger share before bed for night sweats — so the nutrients are on hand when they're needed most.

For Excess or Breakthrough Bleeding: This is the one exception to the standard dose. Normally, stop using Female Formula the week of your cycle. But for breakthrough or excess bleeding — whether during menopause or any other time — this formula is excellent at slowing or stopping it. Take 1 tablespoon for a day or two in a row; the bleeding normally slows within a few hours. Continue the high dose for a day or two more to help prevent the bleeding from starting back up. At this higher dose, the natural progesterone-like action can cause some breast tenderness — this is harmless and clears up once you return to the normal daily dose.

From Dara's Practice

My last cycle came after 11 months without one, at 48 years old, and it hit hard — my body seemed determined to make up for all those months at once. The emotional swings were devastating on their own, and the bleeding was heavy, with clots. I took a tablespoon of Female Formula twice that first day. Within a few hours the emotional swing eased and I felt more like myself, and the bleeding slowed to a normal flow in about four hours. I kept up that high dose for the full week. The bleeding stopped within five days, and I never had another cycle. I was more than ready — I'd already gone from a cycle every three months down to nothing for nearly a year. Every woman's experience is different, but we're all likely to hit something unexpected along the way. Menopause doesn't have to be a nightmare with the right support.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Food for the Female System" at www.daradietz.me.